

2022
SELF COACHING

SELF-COACHING

MENTAL TOOL BOX

Discover Tools & Techniques to
Transform Your life.

WWW.MBSSNY.COM

INDEX

COURSE CREATOR	3
WORKBOOK OUTLINE	4
CHAPTER 1	7
CHAPTER 2	10
RISING BALLOON (IMAGERY)	11-13
BOLT CUTTER (IMAGERY)	14
VISUAL SHIFTERS	15-16
CONFIDENCE LIST	17-19
BEST CHOICE LIST	20-21
3-2-1 AWARENESS	22-24
NOTICE SOMETHING	25
RE-FRAMING	26-28
MEDITATION	29-32
MEDITATION (BREATH WORD IN & OUT)	33
TRANSFORMATIONAL VOCABULARY	34
PATTERN INTERRUPT	35
EVERYONE BELIEVES IN YOU	36
MIRROR EXERCISE	37-38
TAKE RESPONSIBILITY	39
CHAPTER 3	40
CONFIDENCE	42-43
ANGER	44
FORGIVENESS	45
ANXIETY	46
DETACHMENT	47
RELATIONSHIPS	48-49
RESOURCE LIBRARY	50
CHAPTER 4	51-57
THANK YOU	58



CHRIS ARONSEN

Course Instructor



WELCOME TO YOUR MENTAL TOOL BOX

This workbook gives you access to a wide variety of tools, techniques & processes all designed to help you transform your life, your experience, & how you show up in the world and much more....

Personal Development Coach

917-545-4627

www.mbssny.com

mbssny@yahoo.com

COURSE OVERVIEW

01

How to use this workbook

In this section you will find a general idea of how to apply the techniques, tools & processes within this workbook.

02

Tools, Techniques & processes

In this section you will find techniques that you will be working with & tips on how to apply them to your life.

03

Topics & ideas

You will find a series of topics and how to apply the techniques within this workbook .

04

Philosophy

Discover different philosophies & points of view through the use of quotes & metaphors.

C H A P T E R

01

HOW TO USE THIS
WORKBOOK

Event + Response = Outcome

The Meaning you apply to a issue
determines your experience. Change
the meaning, transform your life.

HOW TO BEGIN

Identify the topic you want to work on. Get a sense of how intense it is, identify where in your body you feel the issue.



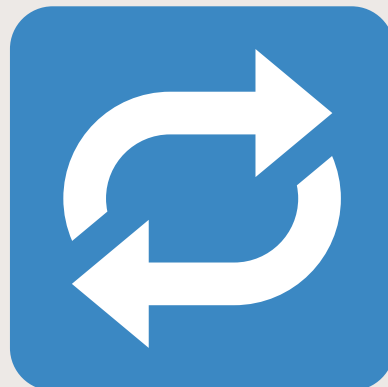
When you finish with the exercise go back and check your feeling and perception towards the original topic



Choose a technology or process in-order to shift your experience, perception & state about the topic.



Repeat this process until the topic feels clear, neutral or has no negative charge.



The goal of this workbook is to give you the tools you will need not to just have a good life but to thrive.

Clarity of Vision.....

- What do you want to accomplish
- How would you like to feel
- What skills would you like to have
- What type or relationship do you want
- How would you like to show up in the world

Your vision gives you a direction to aim towards. Without one you are like a boat without a rudder, at the mercy of the tides.



Once you have an idea of who you want to be you can go to work on using the strategies & techniques in this work book to start making the changes that will bring you closer to your vision.

You are a scientist...Explore, Discover & Become.

So many of us live our life by default and not by design. Within us is the key to our better future, The strategies & tools in this workbook are here for that journey. Having more tools in your tool box will give you more flexibility in crafting a better experience, a better life. You will find some tools more effective than others or at least in certain situations.

Take this workbook as a general guide and experiment, explore & create as you see fit.

$$\underline{E + R = O}$$

Event + Response = Outcome

- If you change the meaning to a internal or external event than you will have a different experience. When you change your perception about what you are looking at then what your are looking at changes. When you start to become aware that you are responsible for how you feel & what shows up in your life the world starts to transform. You become less fearful, less angry more curious, happier. You are no longer at the mercy of the tides being thrown back and forth. You can use these tools to guide your direction in life and live your life by design. Your goals set the direction of your life & the habits and rituals create the process of how to get there. **So how might that show up for you....**
- A morning routine of working on your emotions & setting your direction for the day. So you might start meditating every morning, writing down your goals in life, do some reading, asking yourself how can I excel at my job today. I believe that a morning routine is essential to moving forward in life. It's your time to reprogram your mind towards success and happiness. Overtime your morning routine will evolve.....
- Every time you have a negative reaction is an opportunity to know your self & to transform. You would then use one or more of the techniques in this workbook to change your experience. Life changes when you change so as you keep stepping out of your old self into your new designed self you are creating your desired future.



When to use the techniques in this workbook

- Growing in a area of life or learning a new skill or habit
- When you are having relationship issues or if you want to bring your relationship to a new level
- you are looking to manifest something you want
- you have anxiety about any issue
- You feel blocked or stuck
- you feel lonely, angry or afraid
- you want to have a better experience at your job, in your life, with your friendships
- after a arguement
- clearing your self doubt and limiting beliefs



Every time you are upset, off, reacting or in a mood is an opportunity to break your negative patters and design a better you.

Awareness + New Choice = New Desired Outcome

C H A P T E R

02

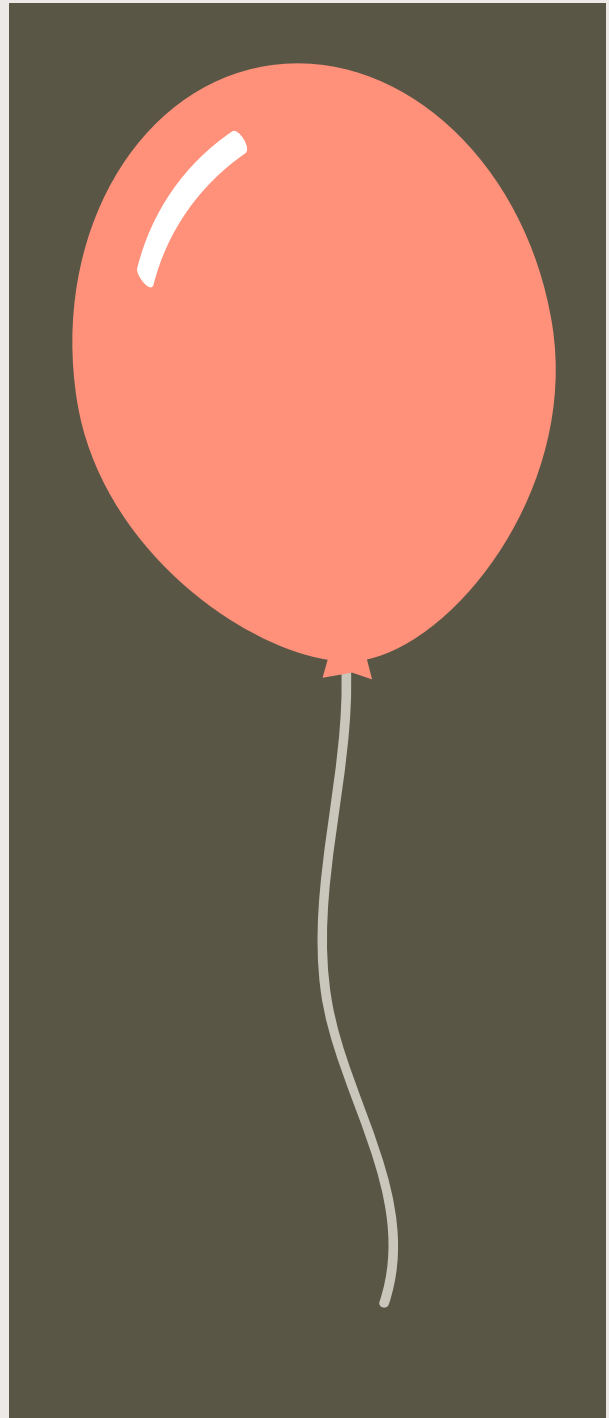
TECHNIQUES & TOOLS

In this chapter you will find a wide variety of tools & techniques to help you shift, change & transform your negative emotions, thoughts & behavior towards any issue.

RISING BALLOON VISUALIZATION

Imagine a balloon that is filled with helium so when you let it go it can easily float away.

- Identify the topic you want to work on
- feel where in your body the topic lives or what sensations it creates
- now imagine/place the topic with the feelings, sensations, images or sounds inside the balloon. Feel that once it is in there it can't escape
- Imagine the balloon slowly floating away & notice as it floats away how the feeling of the issue is changing.
- Throughout the entire process stay in touch with the feeling you are working with. This will allow you to notice the different levels of change
- Check back with the topic & feeling you stuck in the balloon.



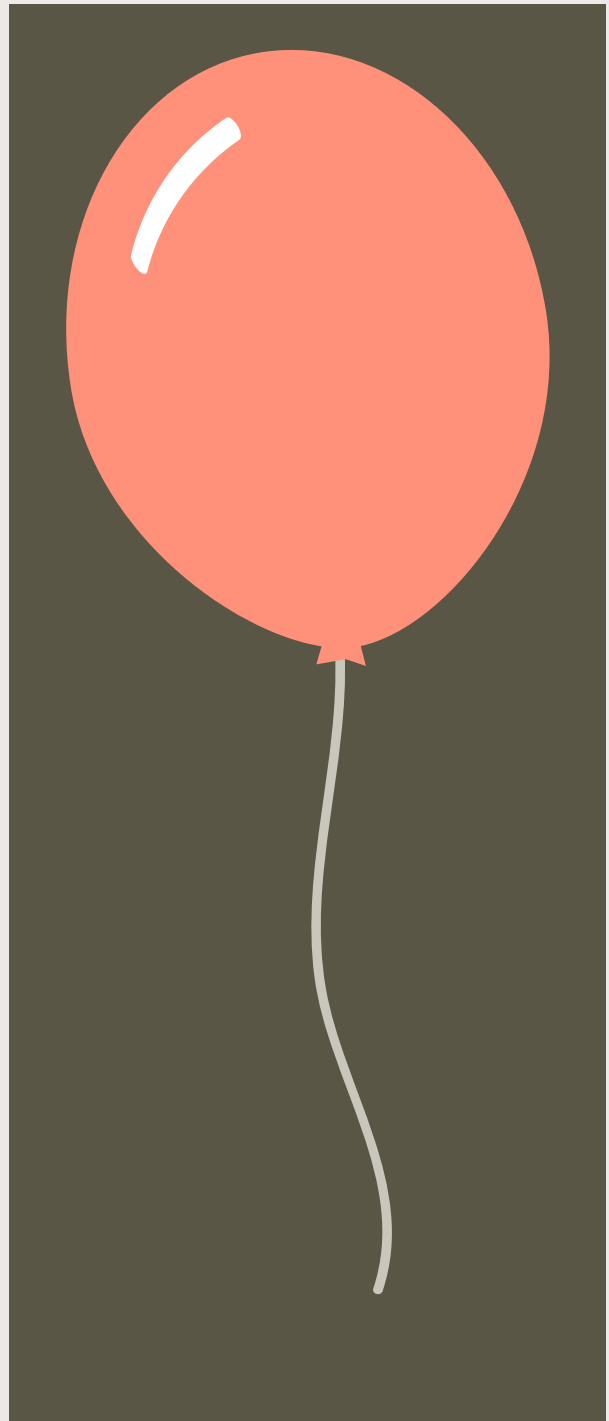
RISING BALLOON VISUALIZATION

(CONTINUED)

- If there is still a negative charge about your topic, repeat the above process until when you check the original issue is feels clear,neutral or non reactive
- each topic will be different & the time it takes will depend on the intensity of the issue. Some topics may take 5-10 visualizations.

TIPS

- Remember that this is also a feeling exercise. Before you start imagine the balloon and get a sense of what the texture feels like. This will help when you stick the topic & feeling into the balloon. Also practice feeling the balloon rise before you start.



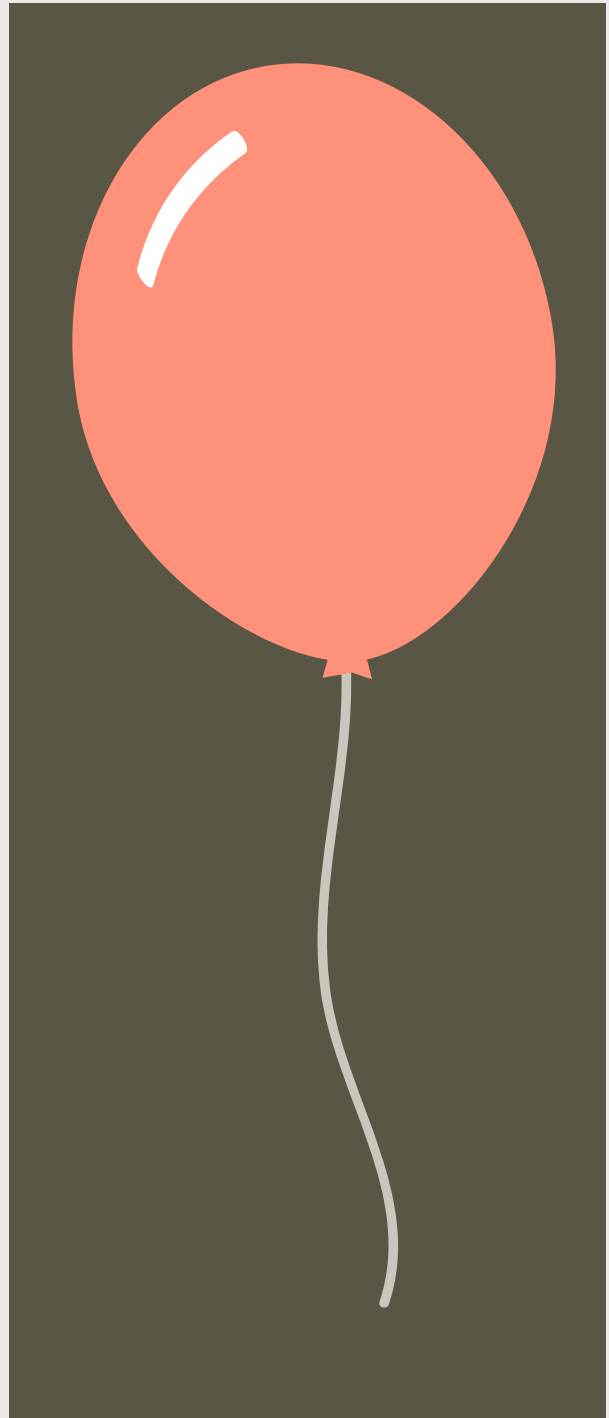
RISING BALLOON VISUALIZATION

(CONTINUED)

TIPS

- Also take note of how light the balloon is with the helium inside and sense that lightness as the balloon drifts upwards..
- Add visual markers so as the balloon rises you get a sense of the distance it is moving.
- You can also look downward from each marker to get a different perspective. The idea is to increase the sensation of distance from the topic placed in the balloon.
- You can also play with the size & color of the balloon.

The concept of this exercise is for the mind to associate lightness & distance with the original topic



BOLT CUTTER IMAGERY

(DETACHMENT)

- Identify the topic of attachment or need you want to work with.
- Now find where in your body you feel attached or needy & visualize a chain that connects you to the topic
- Now Imagine having a bolt cutter and cutting that chain. Get a sense of disconnect.
- Go back and check the issue & find the next piece of the topic that you need to detach from.
- Repeat the above process. It may take 4, 5 or even 20 steps before you feel a sense of detachment

TIPS

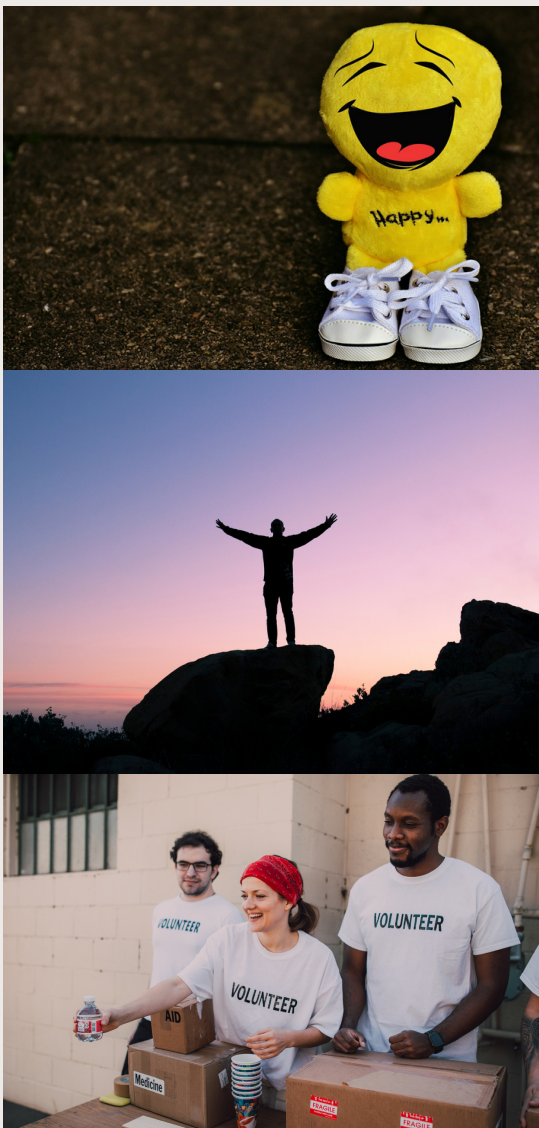
- If you can get a sense of the feeling of the bolt cutter cutting the chain it will help with the feeling of detachment
- Remember this is also a feeling exercise
- You can use a wire or wire cutter as your visual, whatever works for you



Visual Shifters

Visual Images on your phone, bathroom mirror, in your wallet, etc can be a great way to shift your state about any issue.

- Find Images that cause a emotional shift
- Find images for different topics
- You can use them before you go to work, when you see your partner, after something happened that bothers you, etc.
- Focus on the image & let the emotions, feelings, sensations come up.



Notice how each picture creates a feeling. Find pictures that cause you to laugh, be happy, want to make a change, etc.



Complaints

- Take a mental note or write a list of your complaints about a issue
- Find a image that makes you laugh
- Mentally run through your list of complaints & look at your funny picture after each complaint. Feel the funniness
- Then go to you next complaint.
- Continue until you run out
- Go back and check the complaints and see if they still feel the same way or if you perception has changed.
- If the shift is not enough do it again and use a different funny image.
- Continue until that negative charge of the complaint is less or gone.

The concept is for your mind to relate laughter with the issue. If there is laughter there is no threat and the intensity will diminish. When that happens you have a wider range of emotional & mental positions



You can also use this exercise using the Rising Balloon Visualization after each complaint

CONFIDENCE LIST

Let's start with a clear meaning of confidence:

- ·Feeling sure of yourself & your abilities.
- ·A feeling of self-assurance arising from one's appreciation of one's own abilities or qualities.
- ·The state of feeling certain about the truth of something.
- ·The feeling or belief that one can rely on someone or something; firm trust.
- ·It's a quiet inner knowledge that you're capable. ... feel secure rather than insecure.

Confidence comes from a Latin word 'fidere' which means "to trust"; therefore, having self-confidence is having trust in one's self.

Know one is born with confidence, it is developed through your experiences. The purpose of the the "Confidence List" exercise is to give you a process that will turn on in you, activate and shift you into a state of confidence. Its like turning on a switch whenever you need it. Throughout your life you have had many things that have boosted your confidence in many ways, you just are not tuned into them. Think of it like changing the channel to the confidence channel. The idea is to scan your life and look for things that you have accomplished, no matter how small that can give create in you a feeling, vibration or vision of confidence. Keep in mind that this is really a feeling exercise and not just a mental one.

CONFIDENCE LIST

I am going to give you an example of part of my list, which is not in any particular order.

- ·Learning how to tie my shoes
- ·Qualifying for the first inter-school Olympics relay team (5th grade)
- ·Graduating high school
- ·Committing to & reading 2-3 books a month
- ·Getting in shape & making exercise part of my life
- ·Creating a meditation practice that I use & apply every day
- ·Asking Olivia O on a date (even though she said no)
- ·Djing successful parties
- ·Helping the homeless
- ·Getting Married

If you go through your life there are plenty of things that you can feel good & confident about. Now create a list & don't just write it down, remember the feeling that came with the experience. This may take a little practice. Once you have your list put it on your phone or in your wallet or record yourself so that at any time you want to shift into a state of self assurance & confidence you can. You should always be adding to your list.

CONFIDENCE LIST

- You can use this exercise before a important meeting, interview, phone call etc. Starting your day with a sense of self confidence is always a good idea.Sometimes I do it walking down the street. The more you practice this exercise & practice the feeling that are associated with the items on our list the easier & more powerful the exercise becomes.

● _____

● _____

● _____

● _____

● _____

● _____

● _____

● _____

● _____

● _____

● _____

● _____

● _____

● _____

● _____

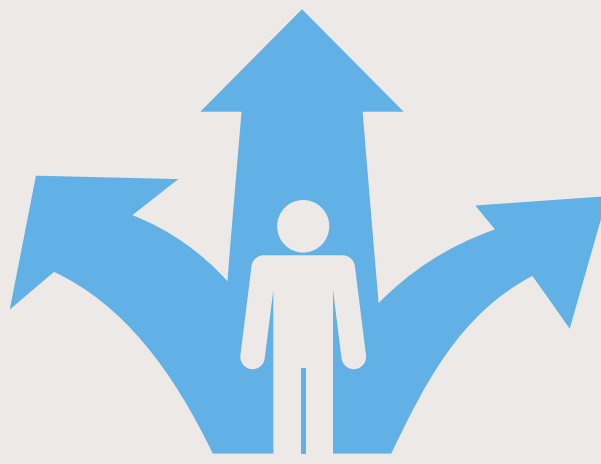
● _____

● _____

● _____

● _____

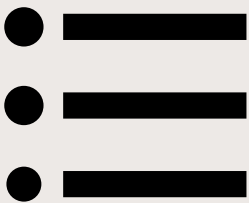
● _____



Best Choices List



- Review your life to identify the best choices of you have made. This can be small or major decisions & this may take a a little time to think through.



- Once you find your choices create a list



- Review your list & also connect with the feeling that comes up.



TIPS

- This exercise can be a bit challenging. But as you do it you start to realize you are capable of making good decisions.
- As you go through your list connect with the feeling that comes up. Making a good decision has good feelings & sensations connected to it.
- The idea of this exercise is to shift you into a higher state of confidence & well being.

3-2-1

AWARENESS EXERCISE



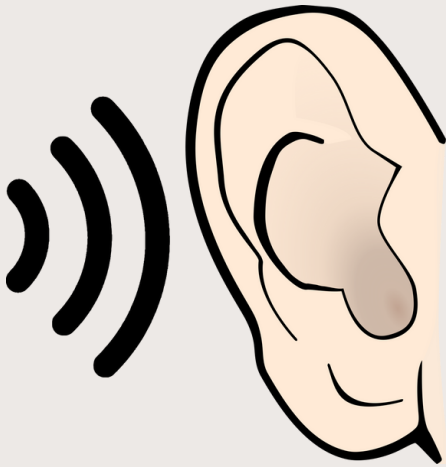
The purpose of this exercise is to bring you into a state of awareness giving you a wider range of emotional & mental choices. . It can also be used as a way to break a emotional pattern allowing you a new direction of acting, feeling & behaving.



- Notice 3 things around you.



- Notice 3 sensations or feelings in your body.

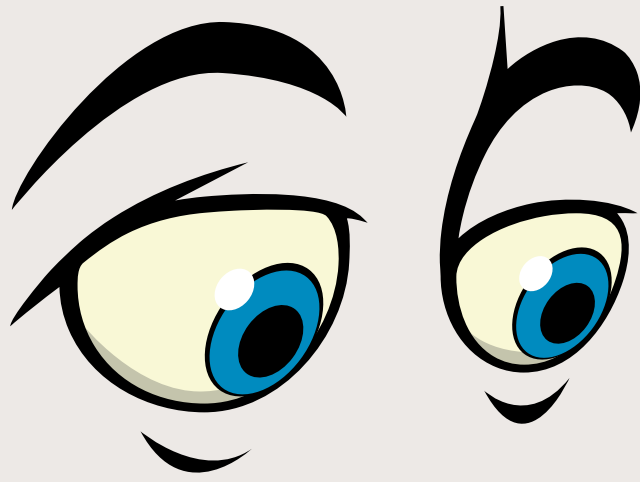


- Notice 3 sounds.

- Then you notice, sense and hear 2 things, then 1.
- Then work your way back up from 1-2-3.
- When you are done take notice of how you feel and how things look around you.



- If finding a sound is difficult you can use the same sound or different parts of the same sound.
- If finding emotions or feelings seems difficult you can use things like how you feel sitting down, how your sneakers feel on the ground, how your shirt feels, etc.
- **This exercise can also be done with your eyes closed.** So the images would be what you see in your mind, memory of sounds, and what you are sensing or feeling at the moment or have experienced.

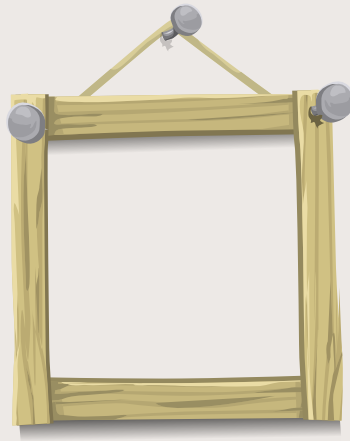


Notice Something New

This exercise is designed to bring you into a state of awareness.

- Notice something new in your environment
- This can be in your house, walking down the street, shopping at your grocery store, being with your partner.
- Its amazing how things that have always been there, you never noticed
- The fringe benefit of this exercise is it sharpens your overall awareness of what's around you. Like the lettering on a sign, the way a person walks, how someone pronounces a word.
- Think of this as a kind of "Sherlock Holmes" exercise.

Re-framing



A psychological technique that consists of identifying & then changing the way situations, experiences, events, ideas and emotions are viewed. Re-framing allows you to challenge then change experience and perception of the topic.



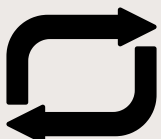
- Identify the situation, experience or emotion



- Apply you re-frame to the issue

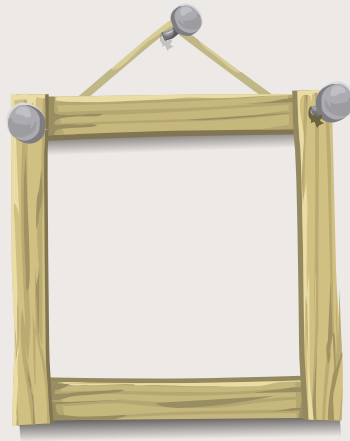


- Review the issue and see what has changed in your feeling & perception towards the issue



- You may have to go through this process a few times

Re-framing



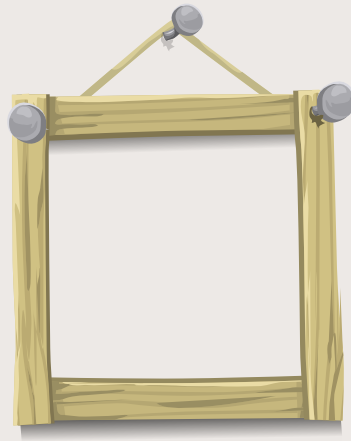
Re-frame the topic by asking questions.
Remember asking questions directs your
mind. So ask good questions.

- What can I learn from this situation
- How can this make me a better person
- What is great about this
- What can I laugh at about this
- If this situation didn't bother me how would it look & how would I feel
- How would (state a person) look and respond to this situation

Hold a Concept to the issue

- This situation is meant and perfect & for my highest good
- This to shall pass
- This person is teaching me something I need to know
- This is a opportunity for me to be victorious
- I thank this person for this lesson, on some level they are assisting me to be a better person & for that I thank them

Re-framing



TIPS

The Buddhist's refer to the mind as monkey mind due to its mischievous nature. So if you give it something to do you can direct your mind to work for you. Remember our goal is the live life by design not by default. If you get in the habit of doing this it starts to become 2nd nature. Your emotions either serve or master... Your Choice...

Meditation



- Meditation = to engage in contemplation or reflection, to engage in mental exercise (such as concentration on one's breathing or repetition of a mantra) for the purpose of reaching a heightened level of spiritual awareness.
- We are going to touch on just a few of the basics & styles of meditation. There are countless books and teachers that you can look into to get a deeper understanding of meditation. It would be my strong suggestion for you to start or enhance your meditation practice. The rewards are 10 fold.

Mantra Meditation



- Find a comfortable place to sit, in a upright position
- Choose a mantra to work with
- identify a topic you want to work with
- state the problem or the desired result
- set a timer
- close your eyes and repeat the mantra over & over.
- When the timer is done go back and check the original issue. Most likely it will have shifted in some degree. If there is still more repeat the process on the next part or angle. Continue to check back. Work until the topic is clear & has no negative charge

Mantra Meditation



- Start small if you haven't meditated before. 5-10 minutes. If that is too much do 3 minutes.
- If you find your self drifting off, thinking or being distracted in any way just lightly refocus on repeating the mantra.
- What ever comes up for you is part of the process. Some people see pictures, get sensations, hear things, etc.
- Some days are easier than other's. If there is resistance to the issue you will notice your mind being difficult. This is normal , keep going or try again later.
- Finding a mantra that works for you will take some experimentation. I work with different ones.
- Your meditation practice will evolve & grow as you master your craft.

Mantra Meditation



Mantra Ideas

- I accept
- Let go Let God
- Accept the Unacceptable
- Peace
- Love
- I forgive
- I am detached
- I am that I am
- your name

Look for words or phrases that are easy to say. Also words have power. As you experiment you will discover what works best for you. Be a scientist...

Mantra Meditation



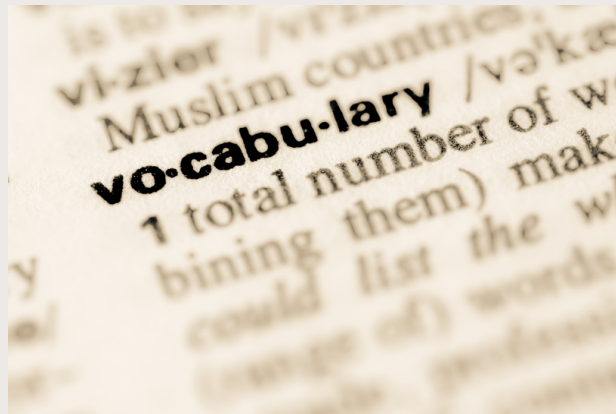
Breath in (word) Breath out (word) Meditation

- This exercise can be down sitting comfortably in a chair, walking down the street, at work etc.
- Chose the topic you want to work on or the state you would like to experience
- say to yourself " I breath in (word), I breathe out (word)
- keep repeating into you experience a shift or clearing
- For example, "I breathe in Confidence, I breathe out fear, "I breath in clarity, I breathe out stress", " I breathe in action, I breathe out in action".

TIPS

- I do this drill for 2-3 minutes as a way to shift into a new state
- both words can be positive words
- Its very easy to do in a wide range of situations

Transformational Vocabulary



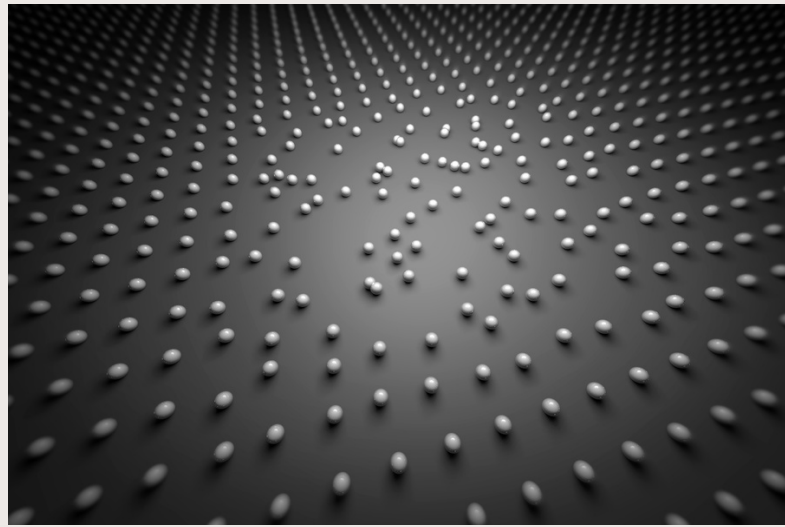
Words have power, each word that you say triggers a bio chemical button that creates a feeling. You can change the words you use in your mind & when you speak to people in a way to lessen the intensity of what you are feeling. This is a very handy exercise to help you start to reset your thinking patterns and at the same time feel better. Give it a try....and notice the difference. If you say to your self "I am a loser I cant do anything right" vs "how can I do better at this and enjoy the process". There will be a big difference in how you feel. If you say to your partner "What's wrong with you" as opposed to saying "What is troubling you", there will be a big difference in their response.

TIPS

- words have power
- words trigger bio-chemical response = what you feel
- You feel what you focus on
- Energy flows where the mind goes

“

IN ORDER TO START
A NEW PATTERN
YOU HAVE TO
BREAK THE OLD
ONE



CD Analogy

Your patterns are very much like a cd & cd player. Every time you press the track # a song will play. The same with any internal or external event that your mind puts meaning to and triggers an automatic reaction.. But if you scratch the track and go to play it again it doesn't work. In-order to start a new pattern you have to break the old one.



Pattern Interrupt

- Jump up & down
- Do push-ups
- Sing a silly song
- Recite poetry
- Take articles of clothing off

Everyone Believes in You



- Imagine that where ever you go, who ever you see or who ever you think about believes in you & wants you to succeed .
- Now also imagine as you see them everyone is chanting your name in support.
- Also imagine the are cheering you on, raising there arms
- I like to do this for 2-3 minutes
- This can be done with eyes open or eyes closed.



- This is a fun way to shift your state to a more grounded and confident experience
- This is also good as a pattern interrupt.
- This is fun to do as you walk down the street, it always makes me laugh.

Mirror Exercise



- Identify the information you want



- Look into a mirror or your phone
- (look directly into your eyes)

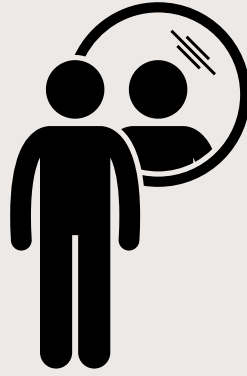


- Ask a question about the topic your choose.



- Listen to what your mind says

Mirror Exercise



- Choose a Technology to work with
 - Review the results
 - Repeat the whole process until your have reached a state of clarity
-
- This exercise can be diffucult, the answers can be very honest
 - Examples of questions to ask: "What is holding me back""How can I be more successful" "How can I Advance my career " " How am I responsible for creating (state topic) '.
 - The idea of this exercise is to get information and to then choose a technology to work with in-order to grow forward.

Taking Responsibility.



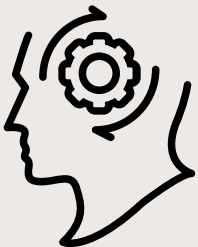
- Identify the topic you are dealing with



- Ask your self what are 2 things about this issue that I can take responsibility for. There is always something



- Notice how you feel after you take responsibility for your contribution to the issue. Usually you will feel a shift in your feelings & perception.



- Now Imagine how you could have handled the situation differently. What could you have said, your body language, your behavior



- Revisit the issue, take note of what you see different about the situation. From this shift ask what can I learn from this situation



The more you do this it starts to change how you respond in future situations. You are rewiring your mind, designing yourself...

C H A P T E R

03

TOPICS & TECHNIQUES

In this chapter you will find topics that we all have to deal with & how to use the different strategies and tools in this workbook.

QUOTE

“

Between stimulus &
response there is a
space & within that
space there is a choice
& within that choice lies
your freedom

-

Viktor Frankl

CONFIDENCE

There are different roads to the same destination. In this case we want to shift to a state of confidence.



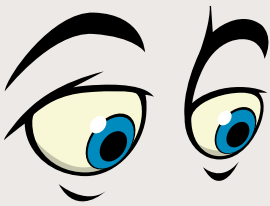
CONFIDENCE LIST:

- One you have completed your confidence list go over each item and call back the feeling that came with each accomplishment. Due this often, especially before you have to do something that scares you



MANTRA MEDITATION:

- Meditate on that feeling of lack of confidence or state how you would like to feel in the situation you have to handle.



VISUAL SHIFTERS:

- Look at visual images that inspire you. Watch a movie that empowers you. Create your own commercial that promotes your self.



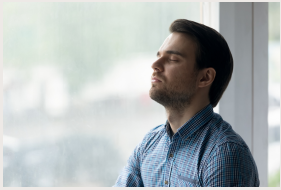
LISTEN:

- Listen to motivational speakers, empowering songs & supportive friend or mentor. Use better internal language, remember thoughts have power.

CONFIDENCE



- Do your homework, be prepared. Know your craft & your information. There is no substitute. Your confidence will grow....

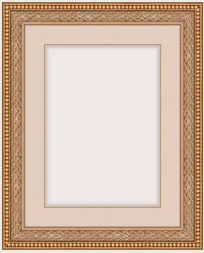


- Use your imagination in a positive & empowering manner. Focus on how you would like to perform, on how you would like things to turn out. Thoughts trigger feelings so use this process to your advantage.

ANGER

In many cases anger is a cover emotion for fear. When you are angry you have energy, you are less afraid & you can be assertive. Given the choice a lot of people will turn to anger over vulnerability.

REFRAME:

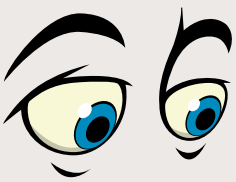


- Re-frame the situation to a more positive, objective point of view. Use different internal & external language. Ask more empowering & uplifting questions. Ask your self how would (state the person) handle and view this situation & see what answer you come up with.



MANTRA MEDITATION:

- Meditate on your anger. State the feeling or just get a sense of the feeling and topic & then go into your meditation..



VISUAL SHIFTERS:

- Look at funny images as you go through complaints in your mind about the topic or person. Watch a funny movie or video clip then go back and see how you feel.



LISTEN:

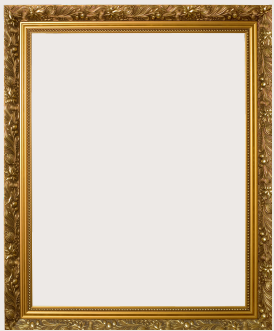
- Listen to motivational speakers, empowering songs & supportive friend or mentor. Use better internal language, remember thoughts have power.

Forgiveness



Mantra Meditation

- Identify the person you want to deal with & get a sense of the pain and where it is in your body
- Set your timer
- Close your eyes & repeat the mantra "Your Forgiven"
- Go back and check what has changed, if you are really hurt, you may have to do more...or you may realize that it has nothing to do with that person & that you have to work on something else.



Reframe

- Re-frame the situation by asking things like:
- what can I learn from this situation
- How can this make me a better person
- What is great about this situation
- How would Buddha, Jesus, Tony Robbins, joel Olsteen, , etc, look at this situation

Rising Balloon Visualization



- Think of or write a list of each thing that is bothering you about the situation & person
- Then put each topic & feeling into the balloon and watch it rise
- Continue until the experience has diminished or is completely neutral.

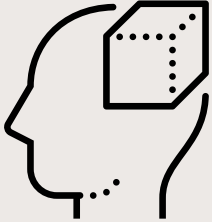
Anxiety.



- Any issue that is bothering you, even if it is just a feeling, state or acknowledge the (topic) then go into your meditation practice. You may have to do this a few times as your feelings and the issue changes. Continue until you feel a shift.



- Go and be active, do some type of exercise. Motion & Emotion go hand in hand, they are part of the same circuit. The movement will release chemicals in your body (endorphins) triggering a positive feeling.



- Use your mind imagery in a positive way. Your mind is always running a movie so change the movie in a way that you feel better. Even add some uplifting music to it.



- Re-frame what is bothering you. Ask better questions. "What can I learn from this", "What is great about this". You can also hold concepts against your upset like "This to shall Pass", " This is meant and perfect and for my highest good". There is always a silver lining in every cloud, you just have to find it.

Detachment



- State the topic of attachment, or the feeling & pain of not having (the topic). Then, go into your meditation practice



- Write a list of everything you are attached to about (the topic)
- then go down your list and do the rising balloon imagery exercise & make sure you put the feeling and the statement into the balloon. Continue until you have completed your list



- Write a list of 10 ways your life will not only be better without (the topic) but thrive. I would do this every day. You can also put your list on your phone and read it throughout the day. This will direct your mind to a brighter future.



- Look for something funny about your topic, write a funny jingle and sing it. Find some funny images and every time you feel pain about (the topic) look at the images. If its funny its not threatening to the mind.

Relationships



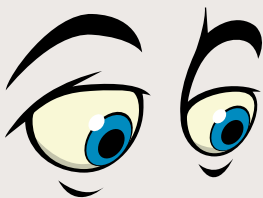
- Write a plan for your relationship. How you would like to feel, act and do. Take your time be detailed. Most people plan their vacations better than their lives.



- State the issue or problem or state or visualize the positive. Then go into your meditation practice. Continue to do on all of your upsets or desired outcomes.



- Practice gratitude....Search for things you appreciate about your partner or friend, really feel the feeling, let it take over you. Do this multiple times a day. Express your gratitude in a smile, words, thoughts a gift...You want to practice more of what you would like to feel in a relationship.



- Use visual images -shifters to change how you feel about your partner or friend. Funny pictures, vacation pics. Anything that will shift your state with your partner to a more positive one.

Relationships



- Create a list of all of your complaints about your partner or friend. Use the Rising Balloon Technique on each issue on your list.



- Re-framing what some is saying or has said will give you a more objective point of view & a greater range of emotional freedom

RESOURCE LIBRARY

- Breaking the habit of being you - Joe Dispenze
- Relationship Break Through - Cloe Madanes
- Believe in Yourself - Joseph Murphy
- Atomic Habits - James Clear
- The Mystic Path to Cosmic Power- Vernon Howard
- Falling Forward - John Maxwell
- Internal Family Systems Model - Richard Schwartz
- The Magic of Thinking Big - David Schwartz
- The Miracle Club - Mitch Horowitz
- Hidden Power - James k. Van Fleet
- The Success Principles - Jack Canfield
- Courage - Osho
- Awaken the Giant Within - Tony Robbins
- How to Win Friends & Influence People - dale carnegie

C H A P T E R

04

PHILOSOPHY - ATTITUDE

In this chapter you will find philosophies in the form of quotes and metaphors.

“

IF YOU ALWAYS DO,
WHAT YOU HAVE
ALWAYS DONE,
THEN YOU WILL
ALWAYS GET,
WHAT YOU HAVE
ALWAYS GOT



“

YOU ATTRACT
SUCCESS BY THE
PERSON YOU
BECOME...
JIM ROHN



“

EVERY TOMORROW
HAS 2 HANDLES.
YOU CAN HOLD
THE HANDLE OF
ANXIETY OR THE
HANDLE OF FAITH.

-



“

YOUR RITUALS
CONTROL YOUR
LIFE. CHANGE
YOUR RITUALS
CHANGE YOUR LIFE.

TONY ROBBINS

-



“

DO NOT WAIT TO
STRIKE WHILE THE
IRON IS HOT, MAKE
IT HOT BY STRIKING

WILLIAM SPRAGUE



“

THOSE WHO DARE
TO FAIL MISERABLY
CAN ACHIEVE
GREATLY

JFK



“

FIRST SAY TO
YOURSELF WHAT
YOU WOULD BE,
THEN DO WHAT
YOU HAVE TO

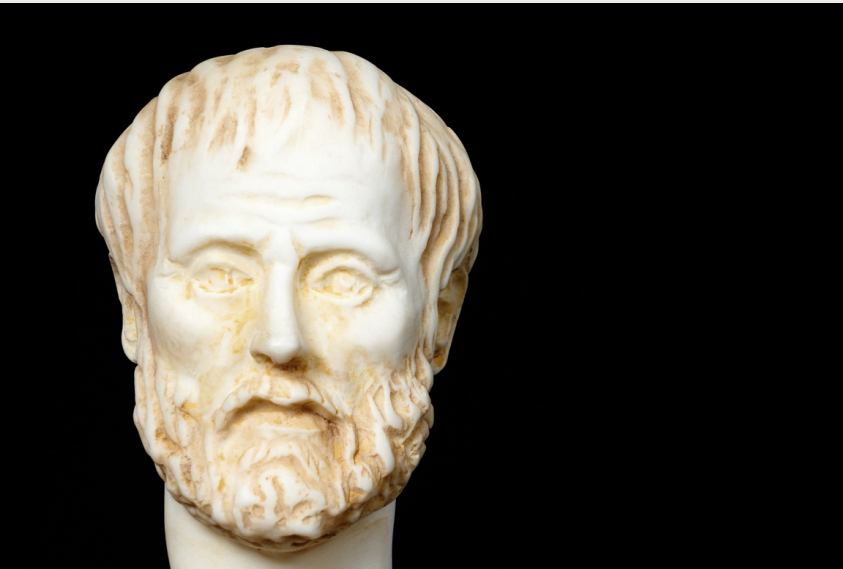
EPICTETUS



“

WE ARE WHAT WE
REPEATEDLY DO,
EXCELLENCE
THEREFORE IS NOT
AN ACT BUT A
HABIT

ARISTOTLE



“

IF YOU DON'T
CHANGE
DIRECTION, YOU
MAY END UP
WHERE YOU ARE
HEADING...

LAO TZU

-



“

YOU CANNOT
DREAM YOURSELF
INTO CHARACTER,
YOU HAVE TO
HAMMER AND
FORGE ONE...

HENRY DAVID
THOREAU



“

GOALS ARE THE
FUEL IN THE
FURNACE FOR
ACHIEVEMENT

BRIAN TRACY



“

EVERY FAILURE
BRINGS WITH IT
THE SEED FOR AN
EQUIVALENT
SUCCESS

NAPOLEON HILL



THANK YOU!

If you find that you are looking to expand your Mental Tool Box or would like some assistance in clarifying & changing parts of yourself and your life contact me when you are ready. I offer phone and zoom sessions.

Chris Aronsen

917-545-4627

www.mbssny.com

mbssny@yahoo.com

